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COVER: Country music artist Lisa Moen shares her inspired calling to salvage and refurbish heirlooms and vintage collectables.
— Photo by Lillian Lane.

HOME front



Welcome back from an extended summer vacation! The way we have come together through this pandemic is a true testament to our prairie spirit. As we cautiously return to our pre-COVID life, we are excited to share this issue of *HOME* magazine with you.

Many have taken their quarantine time to reflect on new ideas and ways of life. Our fall story selection will open your eyes to some of these transformations. Learn about how to change your everyday life to be more environmentally responsible, consider homeschooling full-time, use a room to build a salt therapy spa, and repurpose industrial hardware for home fixtures.

These are just a few of the new fascinating ideas we've put together for your enjoyment. And be prepared to change your attitude on one of Nature's most misunderstood creatures with our feature on bats!

Our cover story will take you behind the scenes with a rising country music star who has been spending her isolation time doing some beautiful *HOME* goodness. And we are excited to announce a new regular feature with one of Saskatoon's most well-known and beloved citizens—Maureen Haddock. She will bring *Maureen's Kitchen* to us each issue, and to kick it off—Pie Party!

And don't forget to support your local businesses! We may not be completely back to normal, but many of our fine Saskatoon businesses have reopened. When you see them in these pages, keep in mind these companies make our community vibrant and strong.

Happy reading, spread your love for Saskatoon and stay safe!

Amanda Soulodre

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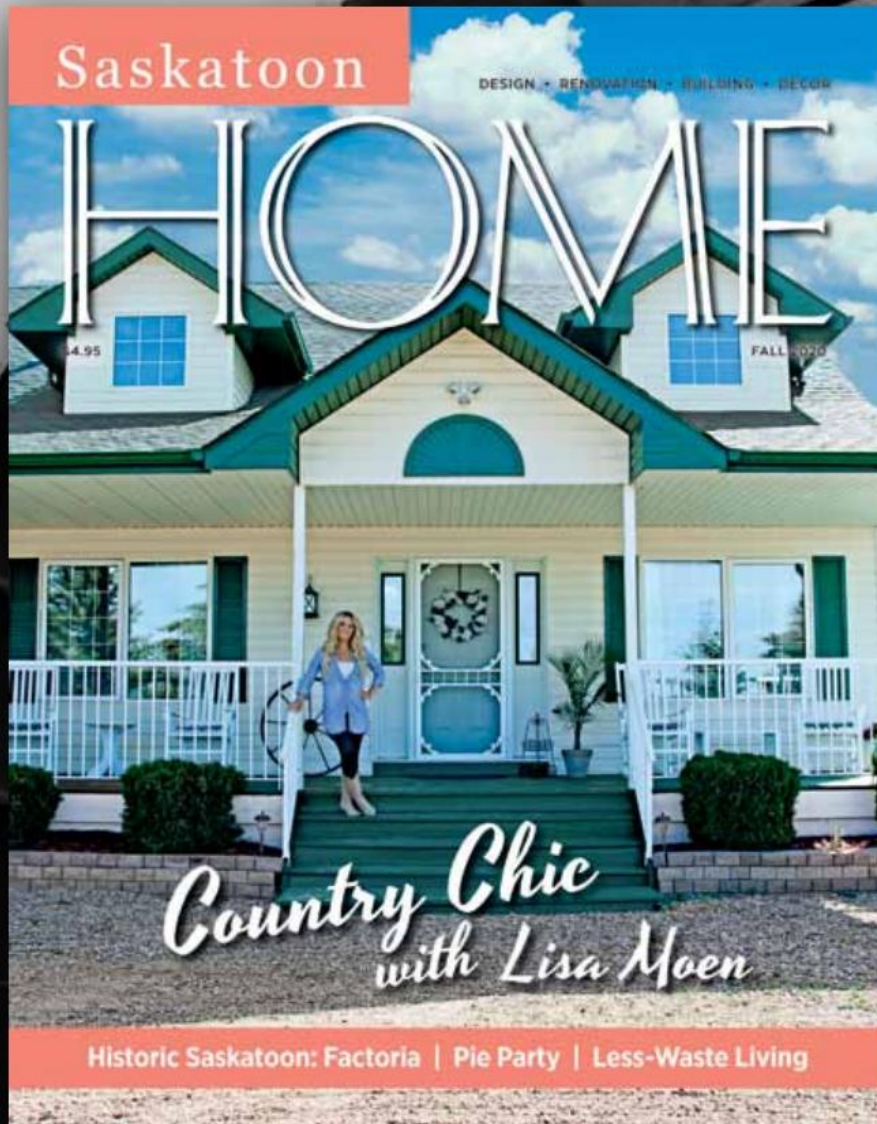
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WITH BRITT

THIS ISSUE: *INDUSTRIAL HARDWARE*



BRITT ARNASON

I have always loved the look of industrial hardware in home décor. I was inspired to DIY this look myself with help from some posts I saw on Instagram. I originally purchased some pre-curated sets from a website for a towel rail and some other bathroom fixtures. But after seeing how everything came together, I now know it can all be done DIY!

Everything you need is at your local hardware store. I am going to give you some tips to get started, but once you understand the basics, you can get really creative. ➤

**Watch for Britt's Winter issue
DIY—Brick and Subway
Tile Backsplashes**

Want more inspiration? IG: @investorgirlbritt



DIY INDUSTRIAL HARDWARE

The Basics

For projects like hooks, towel bars, shelf brackets, coffee tables and vanities, there are some basic building blocks you need for your project.



Flanges

Threaded in the middle and used as the mounting plate.



Threaded Pipes

Available in different lengths and diameters. In some instances, you can also buy a long stretch of pipe, have it cut down and threaded at the ends.



45 and 90 Degree Elbows



Plugs



Caps





Tips

- » Roughly assemble your pieces in the store to make sure the pieces fit and it's the look you are going for.
- » Sometimes the product stickers are a bit of a pain to take off. I found the easiest way to get my pieces totally clean and sticker-free is to scrape off the top layer and then use an orbital sander. There are also sticker removal products on the market that can help.
- » To protect the finishing coat on project pieces against moisture and rust, you must spray-paint all of the sides with a metal paint or the topcoat may rub off. This is less important for projects like a shelf where there is no rubbing, but very important for projects like towel racks where there is. In one of my projects, I learned this the hard way when I didn't paint my floor flanges and they started rusting.
- » Don't forget to buy screws for mounting. Look for screws close to the colour you plan to paint your pieces, or paint your screw heads at the same time to make the install seamless.
- » Be careful not to scratch or rub your project pieces together. Metal on metal may scratch the paint off. ➤



Install Tips

» Typical heights from the ground:

- Towel bar: 42 - 48"
- Towel ring: 50 - 52"
- Robe hook: 65 - 70"
- Toilet paper holder: 26"
- Shower rod: 75 - 77"
- Grab bar: 33 - 36"

» A laser level can be an incredible friend during install.

» The hardware is heavy, so screwing directly into a stud is really important. If that isn't possible, use heavy-duty drywall anchors. (i)



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For Business GUIDE

*A*s we move ahead with our transformed lives, we appreciate the tenacity, determination and dedication of our local business community. Saskatoon *HOME* has always encouraged our readers to support local Saskatoon and area businesses. These businesses are not just companies – they are our families, friends and neighbours. They are working hard to provide us with great local products and services, as well as keeping food on their employees' tables during these turbulent times. Within these next few pages, you will find some great local companies open for business and ready to welcome you back. We encourage you to support them as we continue to reopen Saskatoon and surrounding area!

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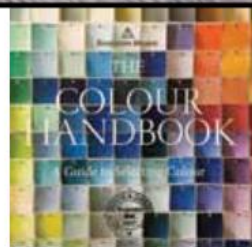


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COUNTRY CHIC

BREATHING NEW LIFE INTO OLD CLASSICS

When Lisa Moen was 14, she found a white, antique make-up vanity while shopping at a thrift store with her mother. She purchased it for \$20, brought it home, sanded it and painted it black.

It was her first furniture purchase and “ever since then I’ve just been hooked,” she says. “I remember thinking

that it was the coolest thing to buy some else’s stuff and make it look fabulous.”

When the pandemic arrived in March, Lisa found herself spending more time giving old furniture a new life. As a professional singer for almost 20 years, her pre-COVID career was thriving and she loved being

busy. She had over a year’s worth of scheduled gigs lined up and had just won the Country Music Person of the Year and Interactive Artist of the Year at the 2020 Saskatchewan Country Music Awards.

A Pandemic Pause

“All of a sudden it just kind

of dropped off,” she says. “I needed something to fill that void and I love doing things with my hands.” Although she’s still writing music and will likely perform via Facebook Live, she’s “not a sit-around-the-house kind of gal.” It shows.

Lisa estimates she’s refurbished over 20 pieces of



JULIE BARNES



LILLIAN LANE

furniture since the pandemic began. She scours Kijiji and Facebook Marketplace every morning and after lunch. Those platforms have filled the void that thrift shops and garage sales used to cover before the pandemic.

As a mom of two young children, she started her spring mornings with

homeschooling and worked on her furniture in the afternoons. Once school ended, she kept a similar routine—hanging out with her kids in the morning, and then working on furniture in her garage after lunch.

Where music was once an opportunity to “take her mom hat off,” it’s now ➤



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After



Lisa painstakingly refinished her late grandmother's china cabinet, which still houses her grandmother's Old Country Rose china.



Lisa purchased the barn door that leads into her music studio on Kijiji. The seller asked her to send a photo of it once she installed it in her house. "I thought that was really cool," Lisa says.

a similar sentiment with refurbishing furniture, she says. "It's very therapeutic for me. I think painting can be equivalent to writing music because it's a creative outlet."

Grandmas and Gramophones

Her acreage home is the epitome of classic country charm, brimming with personalized antiques and family heirlooms at every turn. One of her favourite pieces is her late maternal grandmother's china cabinet, which she always admired as a kid.

The original wood was a reddish-brown shade and didn't quite suit Lisa's style, so she refinished it in the same blue-grey stain as she

used on her adjacent dining table. She left the inside of one cabinet door untouched so she can see the original stain—something she does with most of her projects.

Refinishing it wasn't an easy task. Every notch, nook and cranny had to be sanded down. Lisa used a palm sander for larger, flat sections, and wrapped fine sandpaper around her ring finger to get into the tighter spaces. As with many of her pieces, she updated the knobs and pulls. "I always add crystal knobs," she says. "I think it gives it a vintage chic kind of feel."

Tucked inside the cabinet's glass-paneled doors is her grandma's Old Country





Lisa refinished the washbasin stand in the same colour stain as she applied on her grandmother's china cabinet. She inherited the ceramic washbasin from her great-grandmother.



Lisa's attentive assistant Cooper.

Rose china, just as it was once displayed at her grandmother's house. Even as a young girl, Lisa loved her grandma's china. She remembers gathering her stuffed animals and hosting tea parties with it.

"It's very special to me," says Lisa. "We use it—I'm not a 'save it' kind of gal. It is held in our formal dining room, but we sit here a lot and we have supper and use the china. Why not enjoy it?"

Another family heirloom is her great-grandmother's washbasin. "She lived in Nipawin and as a child she had this washbasin, which they used in the 1900s. I always admired it as a kid, but she always told me not to touch it because it was an antique," says Lisa. "When she passed away, we were going through her house and looking through her ➤

Always mulling over her next project, Lisa plans to build or refinish an old farmhouse table with two benches to use outdoors underneath her deck.



things and she had a piece of masking tape on the bottom. It read, 'For Lisa.' It now takes pride of place atop a washbasin stand Lisa purchased and stained to match the china cabinet.

Aside from inherited pieces and online finds, Lisa's friends and family have been great sources for furniture. Her father-in-law's neighbour knew about her interests and

sold her an old gramophone cabinet for \$50. "At auction it could probably go for \$400, so I got a steal of a deal on it," she says.

With a lift of the lid, a familiar logo is found emblazoned on the inside: Nipper the dog with his ear perked up to a gramophone speaker and the words "His Master's Voice" (HMV) below. Above the logo reads,



Blast from the past: the old HMV logo hides inside the lid of a gramophone cabinet Lisa refurbished.



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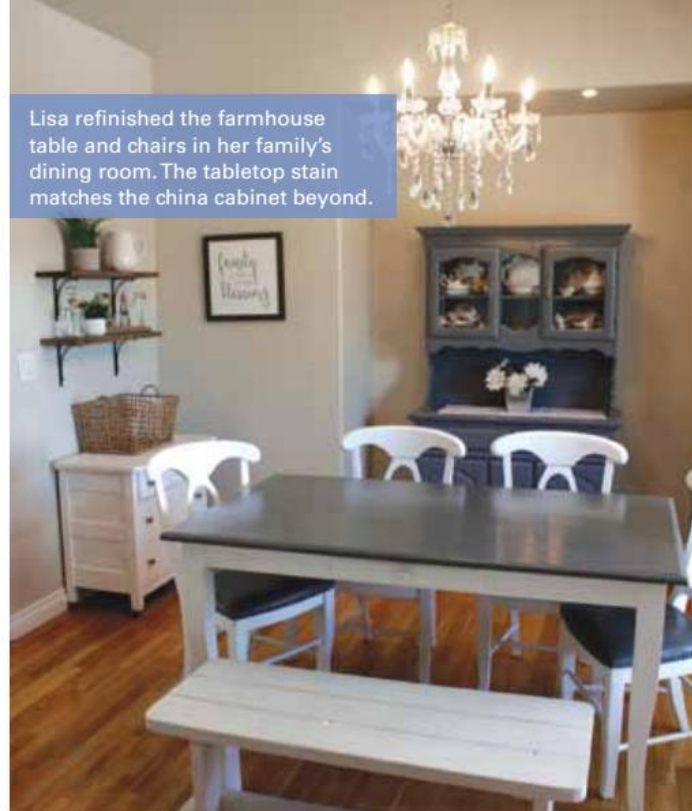
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A glimpse of Lisa's music studio through the barn door window.



Lisa refinished the farmhouse table and chairs in her family's dining room. The tabletop stain matches the china cabinet beyond.

"Orthophonic Victrola; Victor Talking Machine Company of Canada Limited."

Lisa has also updated her father's dresser, numerous chairs, benches, tables,

cabinets, desks, chandeliers and more. In fact, she says about 90 per cent of the furniture in her home is second-hand. ➤

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Intergenerational Inspiration

Lisa's paternal grandfather had a workshop in the basement of his house in Outlook. "I remember going over there as a kid and he taught me how to paint. He was very much a doer," she says. "He would paint anything, and he always used to say, 'You slap a coat of paint on it and it gives it new life.'"

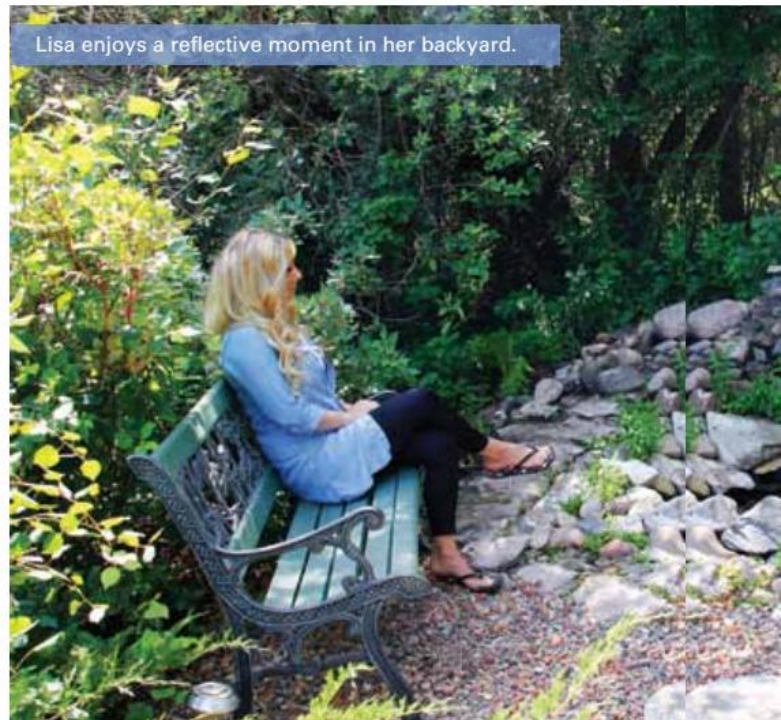
Now Lisa is setting an example for her own kids. Her six-year-old daughter, Bella, knows how to use a drill and helps Lisa remove old knobs and pulls from



The chandelier in her daughter's room was a Kijiji find. She cleaned it up, and covered the "70s gold bling" with white spray paint.



Lisa enjoys a reflective moment in her backyard.





The vanity in her daughter's bedroom is the first furniture piece Lisa ever purchased at age 14. In the spring, she refinished it a second time—transforming it from black to turquoise.



For the most part, Lisa taught herself how to refinish furniture through trial and error. If she runs into a problem, she'll consult YouTube videos.



various pieces. "I feel like, as a parent, I've shown my kids—don't throw things away, reuse things...if we started reusing things more often, that would be amazing for the environment," she says.

One of her pandemic projects involved another refresh on the make-up vanity she bought as a 14-year-old. She sanded it down and gave it a fresh coat of turquoise chalk paint for Bella's bedroom. Just like her great-grandmother's washbasin, or her grandma's china cabinet, another piece is being thoughtfully handed down. "It's the next generation of love for something," says Lisa. "It's not just furniture—it's so much more than that." 

Julie Barnes



SALT OF THE EARTH

SPARE ROOM CONVERSIONS

Lot's wife may have had a bad experience with salt, but that's not the case for Lynn Constantinoff. As a certified health and life coach in Saskatoon, Lynn has embraced salt as part of a regimen that she says helps her and her clients with their physical and mental well-being. So much so, she's

devoted two rooms in her own home to it.

Lynn, one of the first women in the province to become a licensed funeral director and embalmer, has spent most of her 40-year career with and still works for the Edwards family in Saskatoon. As someone who has seen people experience

loss and grief, she became a certified health/life coach so she can "help people who feel paralyzed after experiencing loss." Searching for natural ways to heal herself, Lynn discovered "the healing properties of salt."

Searching for Her Own Healing

A former marathon

runner and triathlete who is physically active, Lynn often says her "lungs are my Achilles heel." Sports-induced asthma, colds, pneumonia and allergies plagued her, but she wanted to avoid inhalers and pharmaceuticals.

"My sister tried a salt room when a friend bought her a gift certificate for her



KARIN MELBERG SCHWIER



LILLIAN LANE

birthday. I'd never heard of it, but it was supposed to help with breathing problems," says Lynn who, in 2019, thought she was facing another bout of pneumonia. "The more I looked into salt, the more interested I got."

She crossed paths with therapist Anna and Dr. Harit, the Ayurvedic team from

Gurudaya Ayurvedic Centre in Saskatoon. Before they returned to India, Lynn had sessions in their salt cave.

What is Halotherapy?

The use of different salts to treat various ailments isn't new. Whose mother didn't make them gargle with salt water for a ➤



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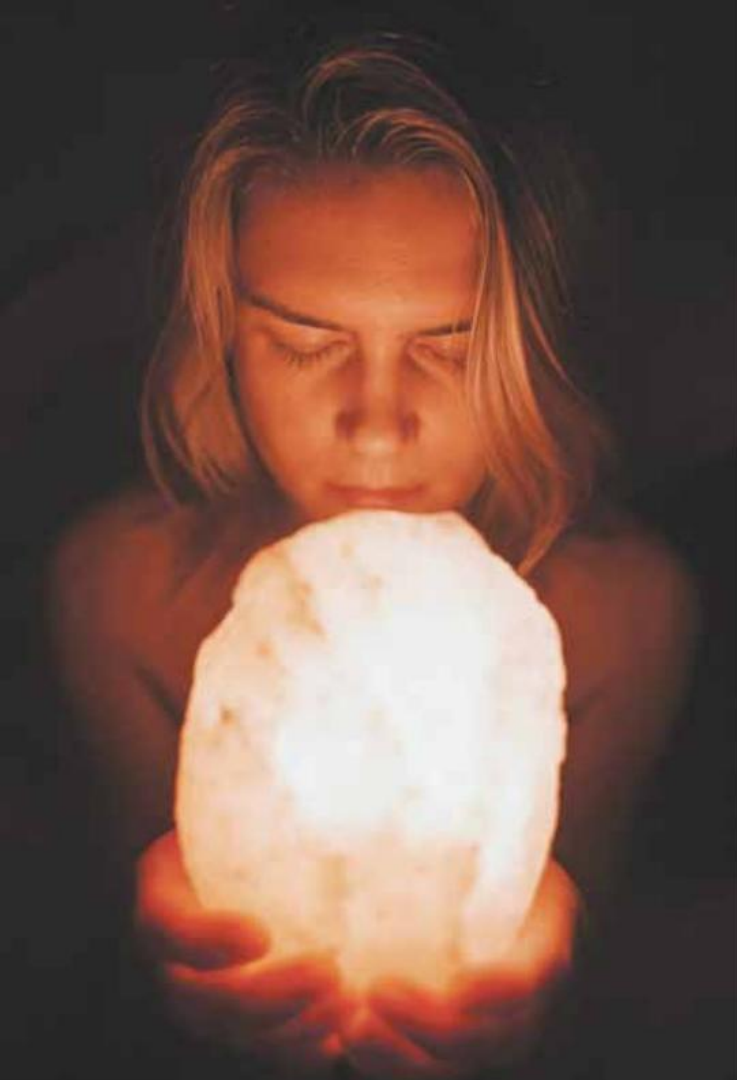
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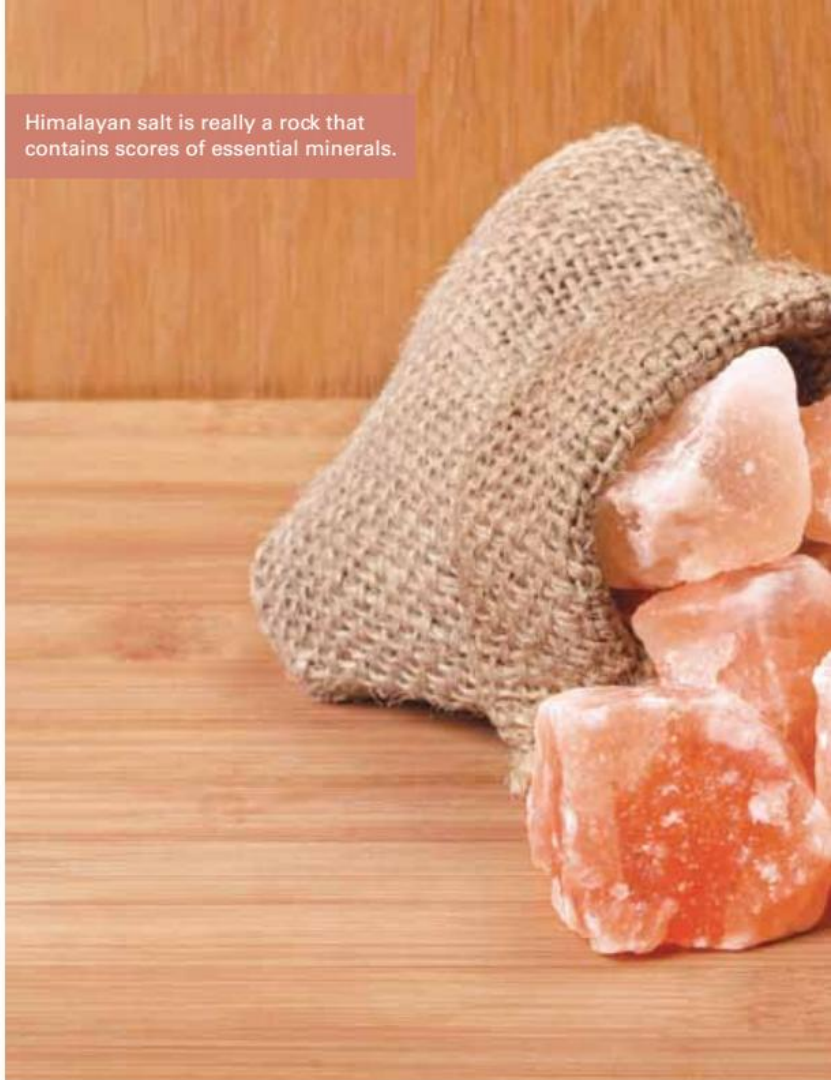
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Himalayan salt is really a rock that contains scores of essential minerals.



sore throat or swish with it to help heal a canker sore? We soak our tired feet in Epsom salts. Though some find it uncomfortable, the neti pot is a common tool in the bathroom pantry for clogged sinuses. And people swear by the benefits of soaking in the mineral waters of Manitou and Moose Jaw.

"Himalayan salt has 86 minerals your body requires," says Lynn. "It's great in the bath as a detox, and it adds great flavour and minerals to food."

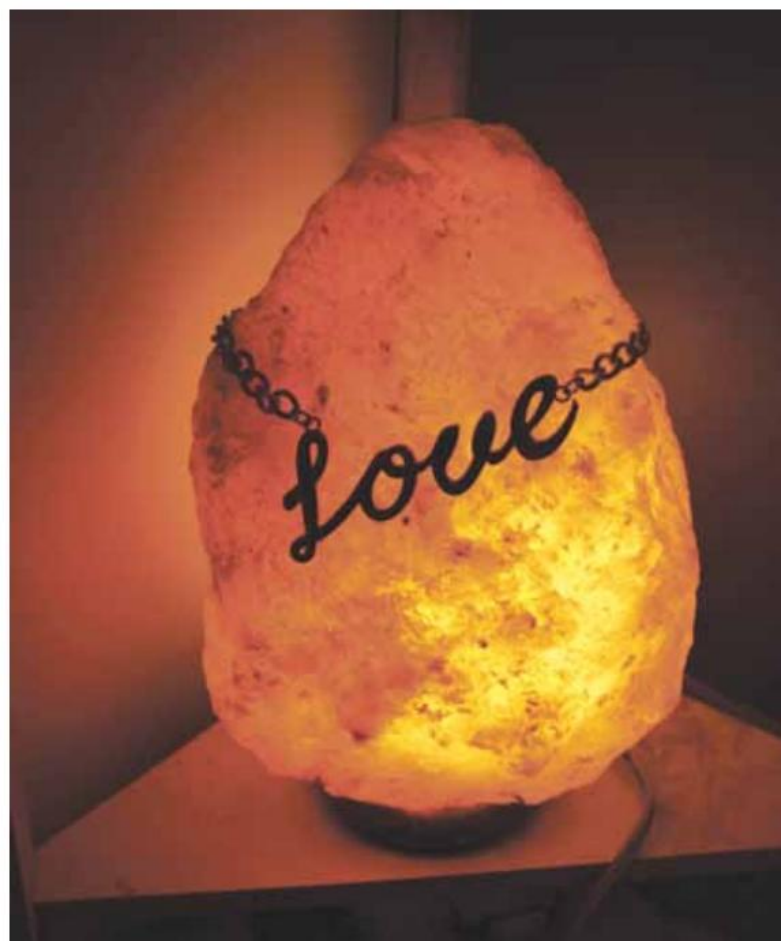
Himalayan salt is really a rock, and it's what Lynn uses. Dry salt therapy, or halotherapy, is said to be antibacterial, anti-fungal and anti-inflammatory. The idea is simple; people sit in a salt cave or salt room and

breathe the microparticles of salty air in a humidity-free environment.

Salt, a natural disinfectant, was first observed to have beneficial properties when workers in Polish salt caves seemed to have fewer respiratory illnesses. The idea of salt therapy grew from there. A range of studies extols the benefits of halotherapy; others question the efficacy of a man-made salt cave. Lynn felt it was helping her, so she added it to her home-based business, aptly called SaltTherapyYXE.

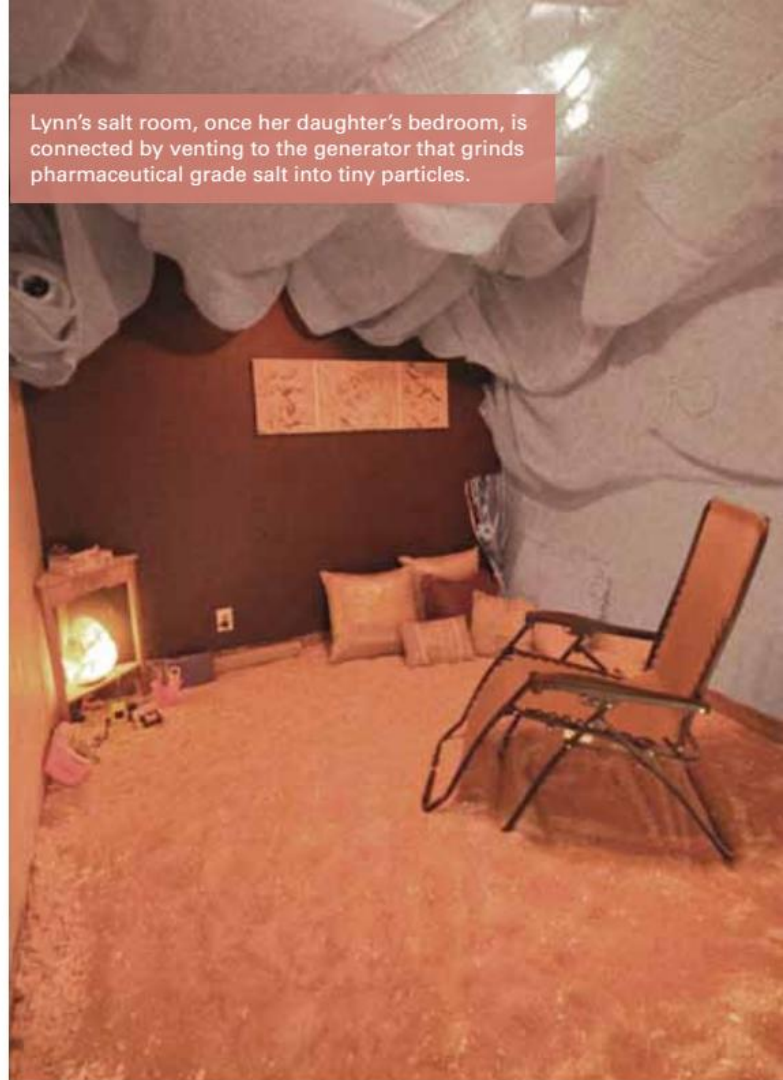
Building the Home Salt Room

When Lynn heads to the salt mines in her home, it's a labour of love rather than hard labour. Once her daughter's bedroom, Lynn





Lynn's salt room, once her daughter's bedroom, is connected by venting to the generator that grinds pharmaceutical grade salt into tiny particles.

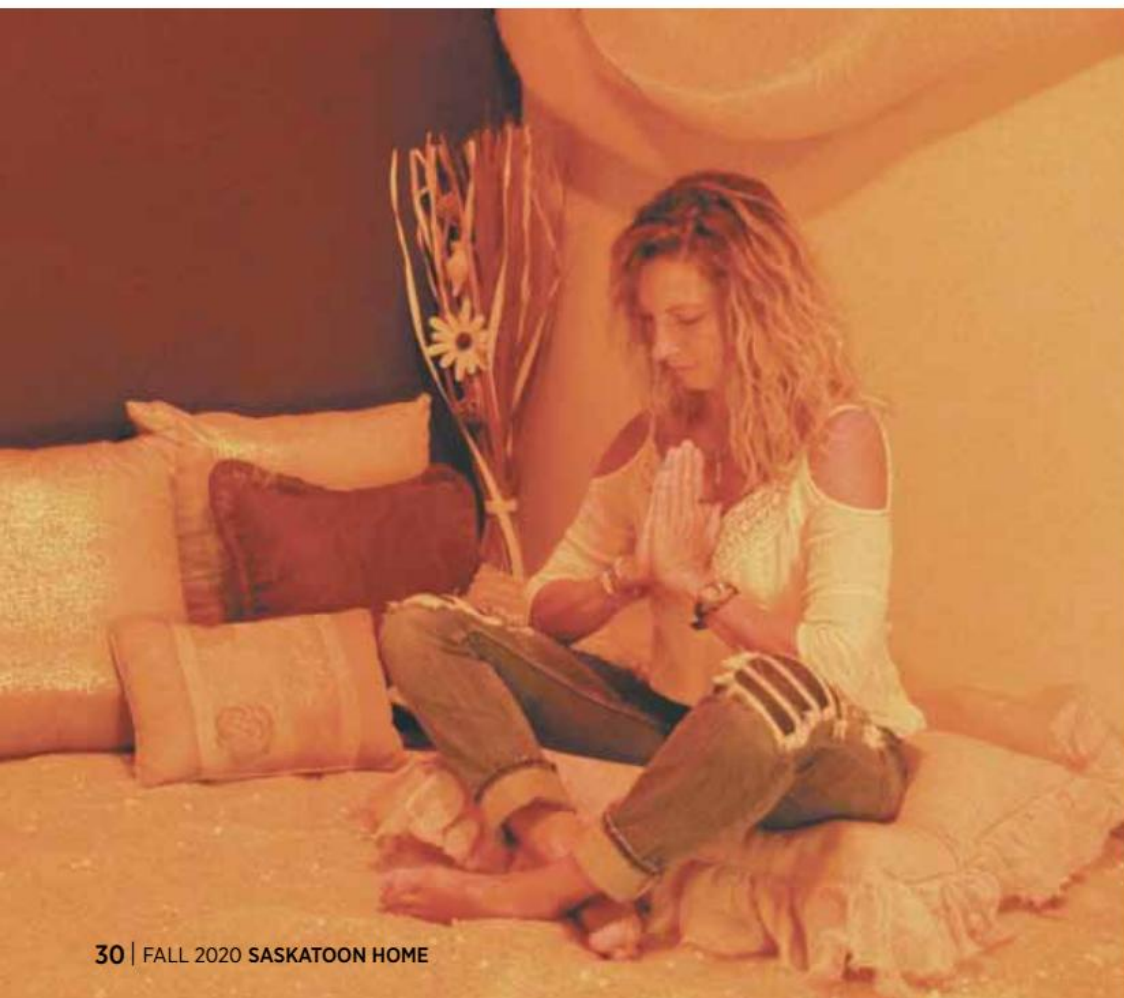


had converted the space to a treatment room. When she became enamoured with halotherapy, she felt it was the perfect environment for a salt room, and devoted both it and the adjacent room in her 1980 bungalow to the venture.

"It was luck that I was upgrading the old windows," says Lynn. "The environment needs to be dry." She removed the treatment bed, tore out all the carpet and underlay, had a drywaller close off the closet and open it into the adjacent room for the generator, supplies and salt storage. In the salt room, the floor was covered in rubber tiles, burlap, and then Himalayan salt.

Dr. Harit and Anna taught Lynn how to use the generator. It grinds ➤





the pharmaceutical grade salt into microparticles and disperses them into the air to be inhaled and settle on the skin. The door to the salt room remains closed; a small heater takes the chill off in winter, and an exhaust fan cleanses the air after each session.

"I hauled 2,000 pounds of salt pail by pail from Dr. Harit's centre to my house. I had the salt piled in a box to keep it in one area. Dr. Harit was concerned about the weight on the floor joists. So I dispersed the salt throughout the room," she explains. "It's been a learning curve." She insulated the new windows to keep the room dark, and venting was blocked so there is no recirculated air that might "compromise the integrity and energy of the salt."

Lynn has made a few adjustments in her home

given COVID-19 concerns since clients pass through her living space to reach the salt room. "I am quite familiar with cleaning protocol so I'm doing my best to keep everyone healthy, including me, in my personal space."

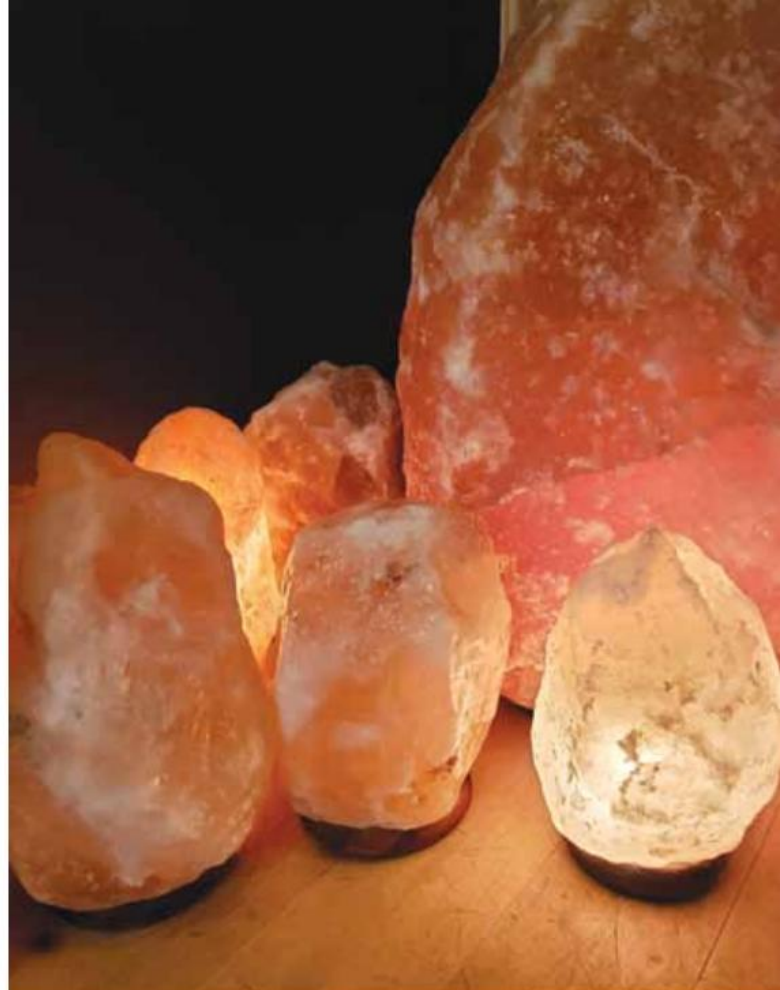
In the salt room itself are floor cushions, a yoga mat and block, a straw mat and zero-gravity lounging chair. Coloured bulbs and Himalayan salt lamps dimly light the room. While the hum of the generator is present, soft music creates a relaxing mood. To entertain her clients' inner child, there are toys for those who like to relive their sandbox days. Lynn's clients include people of all ages, even infants and children.

A Pinch of Salt

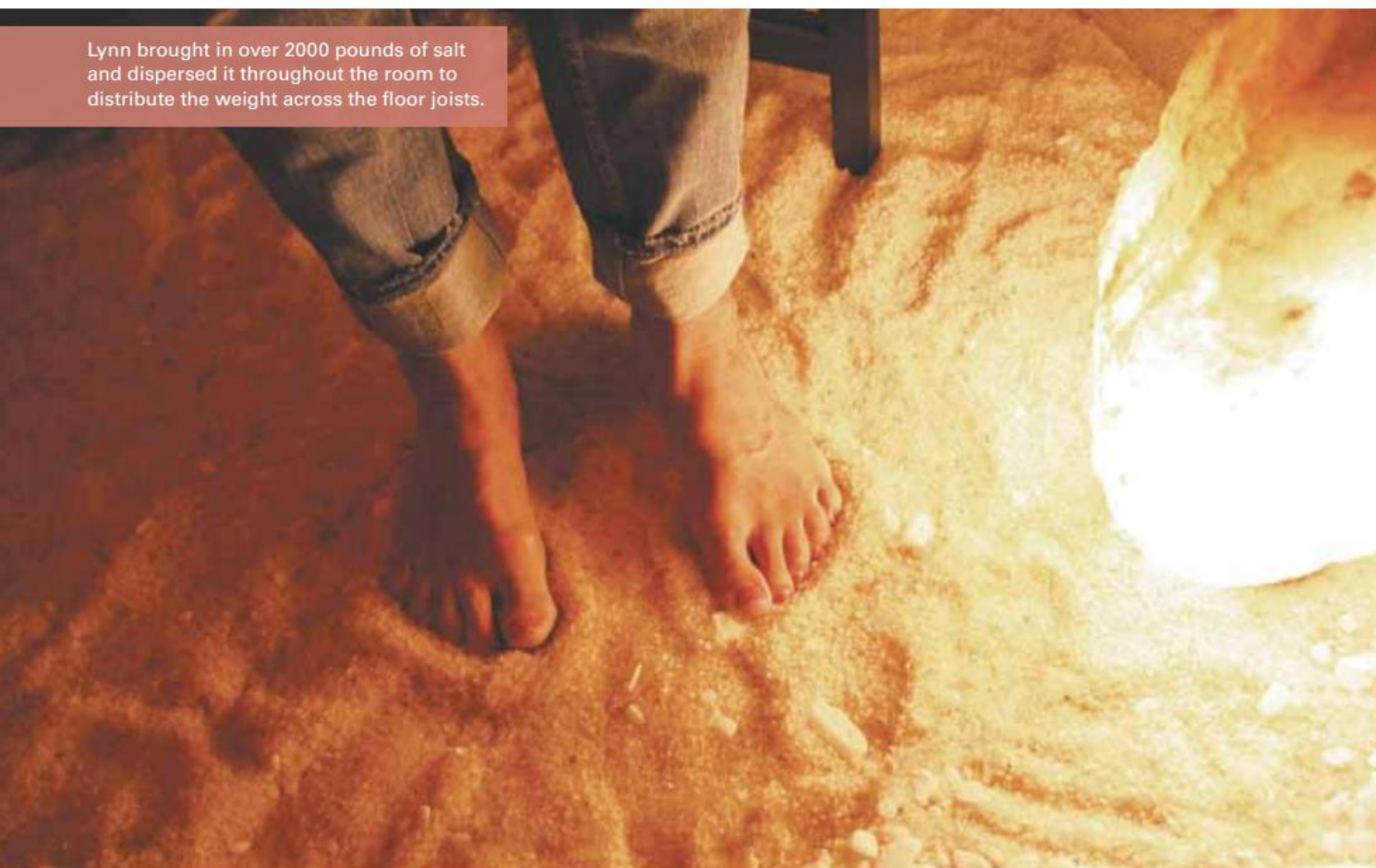
Salt travels. Like sand after a day at the beach, salt tends to show up throughout Lynn's home.

"I do have salt dust." She laughs. "I don't get overly concerned knowing it's actually good for me. Sometimes I hear particles getting sucked up in the central vac and I remind clients to shake off before leaving the salt room. I'm sure they hear it getting picked up later when they vacuum at home. It's a little like finding popcorn after leaving the theatre, but it's a lot better for you!" (G)

Karin Melberg Schwier



Lynn brought in over 2000 pounds of salt and dispersed it throughout the room to distribute the weight across the floor joists.





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BATS: OUR BACKYARD FRIENDS HELPING OUT MUCH-MALIGNED CREATURES

  **KARIN MELBERG SCHWIER**

Kenton Lysak wants to get something straight right off the bat. Kenton, a senior interpreter with the Meewasin Valley Authority, has educated and converted thousands of schoolchildren and probably as many adults—including his Baba—with his simple message: bats are our friends.

In fact, bats are an important

part of that interdependent Jenga block game that is the delicate ecosystem of the South Saskatchewan River valley. Rather than objects of fear and loathing, bats provide a valuable service in the natural order of things, including pollination and mosquito control, consuming an average of 1,200 an hour, up to 8,000 a night. Who

doesn't like that? These creatures deserve a lot more respect and a better helping hand than they get.

Debunking the Bunk

Bats don't have it easy. Myths abound: They fly into your hair. They're blind. They're flying mice. They suck blood. They suck *your* blood. Every one is disease-

ridden with nasty things like rabies. Like that of most misunderstood beings, the bad reputation bats endure is based mostly in fear and lack of information. Thanks to folklore and bad movies since the 1930s in which the bat was a favourite horror device, the mammal has had a long uphill climb for redemption. As a ➤



Kenton Lysak's mission is to educate people about the important role bats play in the ecosystem.



Kenton introduced Elizabat and Batrick to those attending a session for the Nutana Community Association, and piqued the curiosity of Lori Healy, Catherine Folkersen, and Jolene Zidkovich.

biologist and a passionate champion of Saskatoon's wild spaces and wildlife, it's Kenton's mission to set the record straight.

"One of my favourite things to do is to head out to MVA trail, the swale, or Hyde Marsh later in the evening," says Kenton. "Look up and you see all those bats doing what they do to maintain our ecosystem. They're insectivores. I've had bat boxes at my home for seven years and by inviting bats into our yard, we enjoy virtually mosquito-free summers."

Up Close and Personal

As with many objects of fear and revulsion, true understanding comes with personal experience and one-on-one contact. In the Saskatoon area, the most common bats of the nine species in the province are Big Brown and Little Brown Bats. The latter are indeed small; maybe 8.5g with an 8-inch wingspan. Little Browns might be little but two in particular carry a powerful educational message.

Elizabat and Batrick are two Little Brown bats who have been teaching assistants for years. They also accompany bat expert and educator Melanie Elliott, who has introduced the bats to thousands of children and adults. Melanie talks about wildlife rescue, "so-called nuisance wildlife and teaches tolerance for all species."

They can be handled because they've been in captivity most of their lives. Both are rehabilitated bats, but they can't be released to the wild. Batrick, now 18, was rescued from under a slate during renovations to the Peter MacKinnon Building on campus. She has a cyst

that would prevent her from eating. Elizabat, now 14, was found on the riverbank with a compound fracture; a vet said it was either amputation or be euthanized. Batrick needed a companion (female bats are colonial), so her wing was amputated. The two have been inseparable ever since. "They aren't pets," says Kenton. "They're still wild animals and we treat them with respect."

As ambassadors for their species, Elizabat and Batrick have "changed the minds of a lot of people." Kenton proudly counts among his converts his Baba Lysak, who always believed the only good bat was a dead bat. But she had a conversion.

"She actually held Batrick and realized what an amazing creature she had in her hands. It was a moment that changed her mind," says Kenton fondly. It's an image he carries close to his heart.

"These are not dumb little creatures and they don't deserve to be the stuff of nightmares," he adds. "The work we've done on rehabilitated bats shows a heightened sense of intelligence, complex social structures, advanced physiology, that echolocation ability is phenomenal, and they can adapt to a wide range of situations and conditions."

Offering Room and Board

Bats prefer to hang out, literally, in a warm and dry location like an old shed, a barn, an attic, yes, a church belfry. They hibernate during the winter and emerge in the spring ready to take care of thousands of mosquitoes.

People can attract bats to their yard with a bat box. It's not a nesting box in the same way a bird house is. A bat box



It's never wise to touch any wild animal, particularly with bare hands, but Kai Krokowski got to do it with Batrick since she has been in captivity for years. Asked how it felt, Kai said, "Cool."



Photo Credit: Meewasin Valley Authority

provides a rest stop for bats to get a little R and R. Simply too cold for bats to sleep away the winter months in, a bat box is an easy-to-make DIY winter project to do with the kids, ready to place in the spring. Many plans can be found online.

A few considerations if you build one: Bat boxes should have a dark exterior stain to help with heat build-up. As well, wood surfaces should be left rough, so bats can cling to the surface as they land.

Boxes should be placed 4–6 meters (12' to 20') on

a southeast or south-facing wall of a building. If a lower building is used, ensure the spot is not easily accessible to potential predators like cats and dogs.

Bat houses in trees are not as successful as they are more subject to predation and have less of a swoop zone for bats to enter. Placing it on a power pole will rarely be successful in attracting bats.

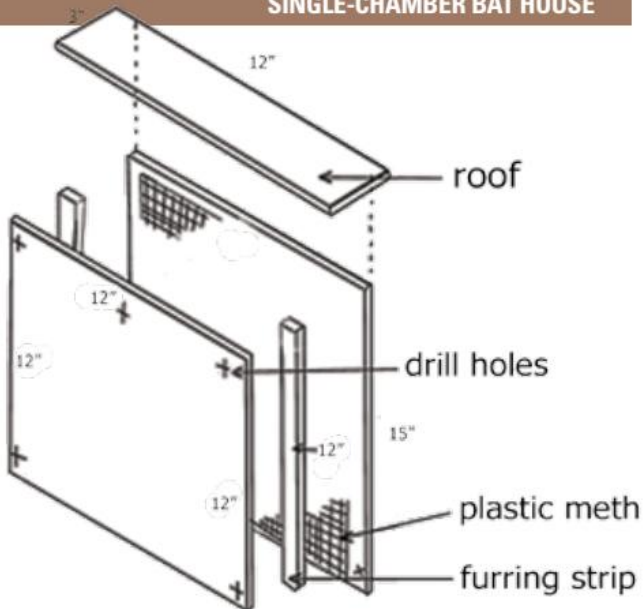
Bat Challenges

Little Brown bats are on the endangered species list, but they're still trying to do their part. The loss of habitat ➤

WHAT TO DO IF YOU FIND A BAT

There's a simple technique to help a stranded bat. Don't handle with bare hands. Use gloves. Get a small box or coffee can, invert it carefully over the bat. Slowly slide a piece of cardboard under it, giving the bat a chance to step up inside the container. Once the bat is on the cardboard, take the box or can to a tree, gently hold it up high on the tree trunk or a sturdy branch, and carefully pull out the cardboard. This lets the bat cling to the tree and you can remove the box or can. From there, he'll be able to launch. If he doesn't, or if you suspect he is injured or sick, call Living Sky Wildlife Rehabilitation 306-281-0554, Wildlife Rehabilitation Society of Saskatchewan 306-242-7177, or the Canadian Wildlife Health Cooperative (U of S campus), 800-567-2033.

DIAGRAM OF A WALL MOUNTED SINGLE-CHAMBER BAT HOUSE



Building a bat house can be a fun family affair.



is only one of the issues a bat has to deal with each day. Finding a dry quiet place to hang out is a challenge as more old buildings like sheds and garages, even old churches, are razed, and more homeowners catch on to sealing up attics to keep them out. People who put up bat boxes give bats a little rest stop. The animals are more likely to use them

than try to find a way into a house, but they still need a warmer place to hibernate for the winter.

Bats sometimes end up on the ground because of exhaustion, illness, stress from extreme temperature changes, and attack from predators like owls, cats and dogs. Maybe they snagged a power line or thumped into a building. Despite excellent

echolocation skills, accidents happen. Unfortunately, a bat can't just pick itself up and fly away like a bird. It has to crawl up something like a tree to launch itself into the air. Until it can do that, it's very vulnerable.

"The more connections we can have with the wild world around us," says Kenton, "the better chance we have of creating a

sustainable future that is for everyone. That may sound a little idealistic, but it's achievable if we understand and grant a better respect to the species that inhabit these ecosystems around us and understand that we have a role—one bat box at a time." 

Karin Melberg Schwier

BATS MAY HOLD THE ANSWER TO VIRAL INFECTIONS IN HUMANS

The COVID-19 pandemic hasn't done much for a bat's reputation. But researchers like virologist Dr. Vikram Misra, a professor at the University of Saskatchewan's Western College of Veterinary Medicine (WCVN), says bat research is more important than ever. Given that bats generally live long, healthy lives, have few cancers, and seem to have an apparent immunity to viruses, the study of them can lead to health benefits for humans.

"Bats shouldn't be seen as scapegoats for viruses like COVID-19," says Vikram, who specializes in the study of viruses transmitted from animals to people. "Not only do bats perform important environmental and ecological functions, but we have a lot to learn from them about how they deal with viral infections. If we can figure out why they don't become sick, perhaps we can reduce the terrible morbidity and mortality in humans that viruses can cause."

It is true that wild animals, including bats, can be "reservoirs" for viruses and other diseases, but Vikram says, "Spillover to other species, including humans, is very rare." Why it happens is critical to understand.

"The connection between bats and COVID-19 or Middle Eastern Respiratory Syndrome, or others is circumstantial," he says. "It's promoted by what we do to bats. We stress them, put them in close contact with other species they would normally not have contact with, handle them as is the case in wet markets. Our work shows that when they're in stressful situations, viruses start to multiply. If we stop stressing them, that would help."

There are many examples of humans attempting to eradicate species for fear of the spread of disease. But Vikram says upsetting the ecological balance is not a good solution. "If we do mess with Mother Nature, we need to be a lot more careful about the consequences. You can't solve problems by killing things. And bats have so much to teach us."



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LESS-WASTE LIVING

REFUSE, REDUCE, REUSE, ROT AND RECYCLE



JULIE BARNES



AMY SCHILLER

Step away from the stainless-steel straw, and put down its partner in crime—the pipe cleaner brush. For the most part, you don't need to buy more stuff to live a life with less waste. In fact, it's the antithesis of one of the five principles of zero-waste living according to a Saskatoon woman doing her best to make eco-friendly choices every day.

The Five R's

The five principles of the movement, in order of

descending importance, are: refuse (to purchase in the first place), reduce (unnecessary purchases and packaging), reuse (and repair), rot (compost), and recycle.

Amy Schiller, a Saskatoon homeowner in the Dundonald area, has always been focused on minimizing her environmental footprint, but after reading an article about a Saskatoon woman—Meg Dorwart—who has been plastic-free since 2015 and waste-free since 2017, she was inspired to do more.

"I was practicing being eco-friendly at home, but I definitely kicked it up many notches after reading the article," says Amy.

From reducing reliance on single-use plastics, to composting and recycling effectively, Amy says there are many facets that comprise waste reduction in the home.

Composting and Gardening

In the spirit of reusing, once her kids outgrew the family's sandbox, Amy converted it to

a compost bin. She estimates it diverts 30 per cent of their waste from the garbage.

The compost acts as a natural fertilizer in her garden. "We produce a couple batches of compost per year, and I am bringing the extra to my grandmother's garden to improve her soil," says Amy. "It's a very easy process, and my husband is a great compost turner."

That rich compost feeds the soil Amy uses in her vegetable garden, where she grows everything she ➤

Pela phone cases are compostable and made right here in Saskatchewan.



needs to make homemade salsa. Homegrown tomatoes not only taste better—they also don't require wasteful packaging or transportation to get to the dinner table.

Amy's new Pela phone case will also make its way into her compost one day. The cases are produced right here in Saskatoon, out of natural resources and waste materials. It's biodegradable, and unlike compostable plastics, it will break down in a backyard compost bin.

BYO – Bring Your Own

With the City's January rollout of the new recycling restrictions, there's a renewed urgency for Saskatonians to bring their own travel mug to their local coffee shop (once it's safe for COVID restrictions to be lifted), and Tupperware for takeout and leftovers. Since January, disposable coffee cups and all black

plastics have been directed to the landfill.

Pre-COVID, Amy brought her reusable coffee mug everywhere she went and said many local cafes would give her a discount for doing so. Her family would also bring their own reusable cups to the movie theatre for fountain drinks. When it's safe for businesses to accept reusable cups again, Amy plans to get back into the habit.

Lunches and leftovers are packed in Tupperware, which negates the need for plastic wrap. "Takeout containers are a real thorn in my side," says Amy. "Especially if a restaurant uses styrofoam. I won't get takeout from a restaurant if they use styrofoam." Local restaurants seem receptive to customers bringing in their own containers for takeout if you can let them know when





The Better Good on Broadway offers refills of soap, laundry detergent, deodorant, toothpaste, shampoo, conditioner lotion and dish soap. They have clean, reusable containers to fill and are taking donations of clean, empty containers.

you place your order.

"Something every household does is grocery shopping and I think a lot can be done there," says Amy. She always brings reusable bags to the grocery store, as well as reusable produce bags. "I always carry a reusable bag in my purse, so whenever I'm out, just generally shopping, I use it. You never know when you're going to need it."

Shopping Locally and Reusing

Amy avoids online big-box store purchases and overseas shopping, choosing to shop at smaller, locally owned stores instead. She often buys food from the farmers' market and enjoys talking to the producers about their products. Not only is the food grown closer to home, there's often little or no packaging.

When it comes to buying

clothes or household items, reusing is a priority. Amy will look for used items on Kijiji or Facebook Marketplace, and depending on the item she's searching for, she'll shop at local thrift stores. Repairing a broken item rather than replacing it also takes precedence.

Buying in Bulk

From the Bulk Basket, to The Better Good (for cleaning products), to Steep Hill Co-op and bulk bins at grocery stores, it's getting easier to make household purchases sans-packaging.

Bulk Basket on 20th Street has a wide variety of food, cleaning products and personal care items. Although many grocery stores have temporarily closed their bulk food sections, Bulk Basket currently ➤

One million disposable cups are discarded in landfills every minute. Coffee cups cannot be recycled in Saskatoon, so make the switch to a reusable mug once it's safe to do so.



WHAT'S ON THE NAUGHTY LIST

Once it's safe for coffee shops to top up your travel mug again, get back into the habit of BYO—paper coffee cups are no longer recyclable in Saskatoon. In January 2020, the City unveiled new changes to its residential recycling programs. Two types of materials have been removed from the list of acceptable items for all residential recycling programs and City recycling depots:

1. Black plastics, such as those found in takeout containers and coffee cup lids.

Why?

Black plastic is considered a lower-value material and the pigment makes it difficult to recycle.

2. Paper coffee cups

Why?

They are often lined with a protective barrier called polycoat, which makes them difficult to recycle.

The City offers the reason for the changes. "With higher quality standards for cardboard, mixed paper, and high-value plastics, black plastics and polycoat are frequently being viewed as a contaminant in bales of quality material...These previously accepted items are being removed to help mitigate the risk of not being able to market the remaining recyclable materials."

allows customers to bring their own empty, clean containers (at time of print). Store employees will fill your containers for you for the time being. Although buying food in bulk isn't new, offering refills for personal care products is still quite unique in Saskatoon. One of Amy's newest habits is refilling her personal care products at stores like this.

Recycling the Right Way

Amy has delegated the recycling chores to one of her daughters. This involves ensuring the items are clean and that everything in the bin can be recycled.

"It requires conscious thought and a bit of extra time, but it's worth it knowing we are diverting much of our household waste from the



INTERESTED IN LEARNING MORE ABOUT WASTE-FREE LIVING?



Waste Not YXE: This is a public Facebook group dedicated to local news, tips and resources for waste-free living in Saskatoon. The page links to their website, which includes a list of local bulk food stores, repair shops and more.

Saskatchewan Waste Reduction Council: Wondering where to recycle your old cell phone, laptop or DVD player? The Saskatchewan Waste Reduction Council's website helps you find the best place to recycle a variety of household products.

www.saskwastereduction.ca



landfill, and we are teaching our children the practices which they can hopefully take forward into their lives and homes," she says.

Ditch Perfection

"I probably won't get to that point of zero waste," says Amy. "It's tough with a family—everyone's got their own way of doing things but we try to work together as a family to make sure we're on the same page."

The woman who inspired Amy definitely wouldn't fault her for not being "perfect."

"We're not looking for perfection," says Meg Dorwart. "Everyone just needs to be trying." Challenging yourself is the goal, but, "if you make it overwhelming, you're probably going to give up."

Meg adds that zero-waste is just a starting point and it's not always the most sustainable option. In fact, it's a bit of a misnomer in many cases. Just because a product sitting on the store shelf isn't wrapped in plastic doesn't mean its production didn't create waste, or that it didn't require packaging during transport.

That's why zero-waste ➤



isn't the be-all-and-end-all, says Meg. "There are times now that I purposely choose something that's in plastic because I know it comes from a local farm or because I know it's more ethical than the non-plastic version."

It also doesn't have to be complicated. Amy says she's simply living by the same principles her grandparents lived by. "Instead of buying a new chair or new shoes every year, they would use something for decades and fix it or recover it. They would care for it and make the most out of it," she says. "They would be mindful that it's part of their home, and not just going to be part of the landfill." 🌱

Julie Barnes



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HOMESCHOOLING DURING A PANDEMIC A LIFE-CHANGER FOR KIDS AND PARENTS



KARIN MELBERG SCHWIER

Photo: Chantal Banda with her kids on the first day of the school year.

A 'homeschooling' online search will pop up with everything from 'Day 1 Question: How do I get a kid transferred out of my class?' to "My five-year-old just asked me to not be loud or crazy because she's on a Zoom meeting with her *real* teacher." This gem from a homeschooler dad: "If you see my kids locked outside, mind your own business. We're having a fire drill."

Clearly, homeschooling

parents are learning a few things about their kids and themselves in the process. And they're getting through the pandemic lockdown with a sense of humour.

Mustering the Troops

For Katie Menzies and Lester Martens, the prospect of having sons Alexander, six, and Andrew, four, at home 24/7 for an undetermined length of time wasn't a joke. It wasn't the

only one the couple faced as the brunt of the pandemic became increasingly clear. As beekeepers who rely on seasonal Canadian and foreign workers, with closed borders, they prepared for the possibility of no employees. How were they going to handle the farm on their own, manage their household *and* the boys' education?

Katie's mother is an elementary school teacher, so they had an edge with

educational resources. And they had another secret weapon. "When the children were much younger, we had opted to hire a nanny," says Katie. For farmers, work hours can be long and unpredictable, so daycares were never an option for the couple.

"When our school in Nutana shut down, they quickly came up with supplemental learning materials for students at home. The teacher was ➤

very communicative. We decided that our nanny and I would focus on the education planning and Lester would focus on the farm," Katie says. "So we all collaborated. Sarah and I just started, one foot in front of the other."

The New Parent-Teacher Model

"I did need to work a fair bit, so Sarah took a bigger role. She developed some additional lesson plans based on the children's interests in things like weather, insects, and airplanes. On the weekend, we'd discuss our plan for the week. I would print off the materials she organized, as well as the work sent by the school."

Each week Alexander's teacher sent emails with work sheets, reading resources, activity and art suggestions. Katie and Lester saw an opportunity to focus on his reading skills, an area he needed help with.

"All support came with the understanding that you do only what works for your family," says Katie. "There was a weekly Zoom meeting online with small groups of

classmates and a large group Zoom with his gym teacher."

For younger son Andrew, the cooperative preschool opted to refund families for the remainder of the year. When all the preschoolers were missing their friends, "the teacher set up an app called *Seesaw* and posted fun activities," says Katie. "A few Zoom meetings were organized for story time and sharing time." The brothers had each other, a built-in classmate. Alex reminded Katie of the positive: "This way, Andrew is going to be ready for grade two, too!"

What School at Home Looks Like

Establishing learning routines and dedicated spaces at home was essential.

"Having a set time and place for learning helped the kids focus and distracted them from the reality of being at home *all* the time," explains Katie. "Initially, the boys were sad about not going to school. We explained that there is a sickness in the world and so we need to stay home to protect people like Grandma and Papa." ➤



Dedicated learning spaces at home and going outside to blow off steam are important for brothers Alexander and Andrew.

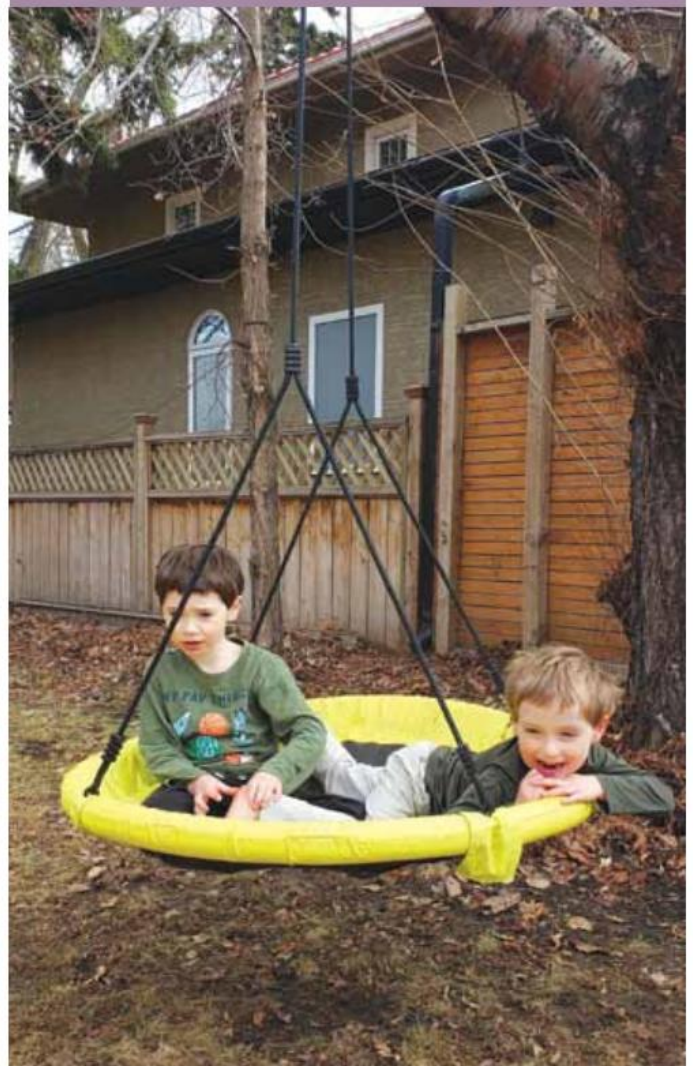


Photo Credits: Katie Menzies



Advice from a Homeschooling Pro

A PhD medical science researcher before having children, veteran homeschool parent Chantal Banda offers encouragement and advice to others, including those whose children have ADHD. She offers "Homeschooling: Can I Really Do That?" and "Homeschooling your ADHDer" at the Saskatchewan Home Based Educators annual conference and on www.chantalbandaphd.com. She homeschools three—ages 12, 10, and seven. Choosing to homeschool is different than having it thrust upon parents during a pandemic, but she has advice for making it work.



Photo Credit: Chantal Banda

1. **You Can Do It.** Remember everything doesn't need to be taught all at once. I too had initial fears and felt overwhelmed. What if I missed something crucial that they needed to learn? Start where you are. Get to know how you like to teach and how your child learns. Curriculum and methods will come as you discover what works.
2. **Everyone's Different.** Trust yourself. There's variability in a home schooling day for every family. The blog *Simple Homeschool* is useful to experience "a day in the life" of a homeschool family with kids similar in age to ours. Talk to other parents farther along for ideas that might work for you.
3. **It's Not Just One Thing.** Homeschooling covers a wide spectrum of approaches, and there's no one manual. There are blogs and podcasts, like *1+1+1=1*, *Look We're Learning*, and *Cathy Duffy Homeschool Curriculum Reviews*. Find resources that fit with your learning philosophy and teaching style.
4. **Resources Available.** There is lots online, and both the Catholic and Public Schools have a Home-based Education teacher available to guide you. There are blogs, webinars, and podcasts like *Wow in the World* and *Smash Boom Best*, library books, documentaries like *Curiosity Stream*, YouTube channels like *Art Hub for Kids* and *CrashCourse*.
5. **Trust Your Instincts.** Get to know how each child likes to learn and how you like to teach. If a resource or curriculum isn't working, change it. This is going to be a new relationship, but you're the expert on your child.
6. **Find Your Unique Rhythm.** A rhythm to the day is important. It's not rigid, but having a start time is important for our family. I provide guidance in the mornings, with flexibility built in to afternoons. Find what works for your family.
7. **Beyond COVID-19.** Homeschooling can be a great choice and a rewarding experience. Now that you've had a taste of 'COVID homeschooling,' my advice? Step back, take a deep breath, and decide if you'd like to continue. Pause and reflect—something you didn't get the chance to do with pandemic panic. Know that you can do it. There are resources available, and Saskatoon has a great group of homeschooling families.

The routine helped the boys feel more grounded.

A 'learning space' in the dining room was stocked with school supplies. The day was broken up with learning time in the morning followed by some physical activity. Cosmic yoga was a go-to on cold or rainy days. A block of learning time each afternoon was followed by educational tablet time or programs like *SciShow Kids* and *NatGeo Kids*.

Katie and Lester also encouraged the boys to help more with 'life lessons' around the house like learning to load the dishwasher, and doing laundry.

Field Trips and Mud Pies are Fun

It tickled Alex's funny-bone to take a "field trip...to a field!" An outdoor classroom was readily available.

The boys scoured the neighbourhood with Sarah for 'nature stuff' like icicles, leaves, twigs, rocks, and feathers to use in projects. With advice from Katie's teacher mom, they set up mud kitchen and water wall in the backyard to provide a sensory experience for social-emotional, intellectual, gross and fine motor, and spiritual development.

"The boys absolutely love getting dirty, using their imaginations to create and play," says Katie. "We've enjoyed many mud pies. We got a tire swing, which they love. I've got to admit, maybe I love it, too!"

Keep Calm and Carry On

For Lester and Katie, being tasked with their sons' education has been "an interesting experience." Alex

Imagination takes flight for Andrew and Alexander in their 'mud kitchen.'



Photo Credit: Katie Menzies

The outdoors is a classroom that offers opportunities for multi-sensory learning, fresh air and untold adventures.



reassures them it's working. "It's okay. You're learning to teach just like we are learning to learn."

"We're not sure what the future will be, but we're more confident," says Katie. "We remember to laugh, and not worry about getting it perfect. And it's about helping our boys be self-assured people. A friend's little boy said he wished he was a superhero. He would make COVID disappear so he can touch things again."

A sobering reminder that while children are busy with homeschool work, they're grappling with big adult lessons, too. (i)

Karin Melberg Schwier

The Banda siblings work together at home in a designated learning space. Homeschooling doesn't look the same for every family, says Chantal.



Photo Credit: Chantal Banda

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MAUREEN'S KITCHEN PARTY WITH PIE

 MAUREEN HADDOCK

In the early 1970s, my husband and I purchased a charming, two-storey home on 10th Street East in Saskatoon. The long-time residents of this maturing neighbourhood seemed genuinely excited to see young families moving in. My

husband and I have always enjoyed having friends of all ages. During our time on 10th, we made memories while gathering ideas, learning some Saskatoon history, and helping our older neighbours whenever we could.

One fall, a neighbour

invited us to a dessert party. The woman was skilled at making pies. Perfect! I happen to love pie of every kind. Of course, we accepted. I remember walking into her dining room, greeted by a display of whole pies, with a border of serving size

pieces placed on fine china tea plates. Each slice was accompanied by a shiny dessert fork and a cloth napkin. The room smelled buttery, sweet, and spicy. I decided, that evening, that a dessert buffet was one of life's best experiences and



ever since, I have served a variety of desserts for every special occasion.

The key to preparing a pie party is organization. Have one or two pies in the freezer, make one pie the day before, and another on the day of the event. Pecan pie tastes better made a day ahead. Lemon meringue and pumpkin pies freeze well. I like to serve my *Streusel-Topped Apple-Cranberry Pie* on the day it's made, but frozen leftovers are still delicious.

Most families have a simple pastry recipe that has been passed down. Old cookbooks often don't include a pastry recipe because it was considered a staple all cooks made from readily available items like flour, fat, and ➤





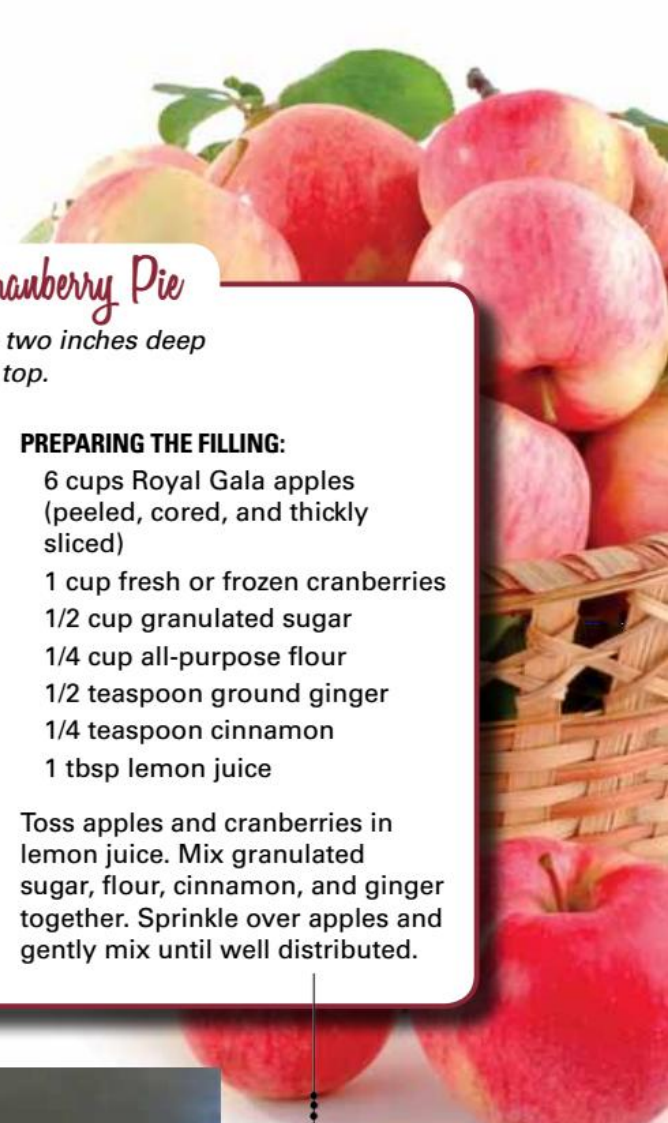
A mouth-watering display of *Streusel-Topped Apple-Cranberry Pie*, *Oh My-Pecan Pie*, and *Streusel-Topped Raisin Pie*.



water. Each generation was expected to teach the next one a few cooking basics. My favourite vintage, never-fail pastry recipes can be found at www.getabiggerwagon.com.

I like to line a few pie plates with pastry, refrigerate or freeze the shells, and clean up my counter before making fillings. However, purchased frozen pie shells are also an option. Whether you make your own pastry or purchase shells, there are many filling possibilities at this time of year. Try berries, peaches, pumpkins, sweet potatoes, or apples. Streusel toppings provide a delicious alternative to pastry.

I discovered the joy of baking with Royal Gala apples when my husband stocked up on a few too many. I was happy to use the apples in a test pie. It turns out that ➤



Streusel-Topped Apple-Cranberry Pie

For this recipe I use a pie plate that is two inches deep and measures nine inches across the top.

Preheat the oven to 375°F

Roll out pastry to fit one 9" pie pan. Crimp and trim edges, then refrigerate.

PREPARING THE STREUSEL:

1/2 cup packed brown sugar
1 tsp cinnamon
3/4 cup of all-purpose flour
1/3 cup of butter, melted and slightly cooled

Whisk the dry ingredients together and add melted butter, tossing lightly with a fork until crumbs form. Set aside.

PREPARING THE FILLING:

6 cups Royal Gala apples (peeled, cored, and thickly sliced)
1 cup fresh or frozen cranberries
1/2 cup granulated sugar
1/4 cup all-purpose flour
1/2 teaspoon ground ginger
1/4 teaspoon cinnamon
1 tbsp lemon juice

Toss apples and cranberries in lemon juice. Mix granulated sugar, flour, cinnamon, and ginger together. Sprinkle over apples and gently mix until well distributed.



ASSEMBLY:

Spoon the apple mixture into the chilled pastry-lined pie plate. Sprinkle streusel evenly over the top. Gently press the streusel in place. Place the pie onto a drip catcher and place in a 375°F oven; bake for one hour.

After 30 minutes, add a foil ring to the top of the pie to prevent the crust from over browning, leaving the streusel exposed. Sometimes the pie requires an extra 5 or 10 minutes. Use a fork to check for tenderness.



Recipes in italics at
www.getabiggerwagon.com



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Royal Gala keep their shape when baked and provide a true apple taste.

This Streusel-Topped Apple-Cranberry Pie is a blend of ideas from a vintage Czechoslovakian pear pie recipe and some of my grandmother's best suggestions. I like to use thick slices of apple and minimal spice, so the apple flavour can shine through. My family unanimously named this pie their favourite for 2020. My son-in-law says it is refreshing, and my husband saves a small piece for breakfast whenever possible. (i)

Maureen Haddock



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saskatoonlibrary.ca/online-programs



Full page newspaper ads extol the virtues of Factoria in 1912 (photographed in 1952).

HOMEtown Reflections

FACTORIA

 **JEFF O'BRIEN**

Photo Credit: City of Saskatoon Archives - Star Phoenix Collection - S-SP-B-669-004

"The Magic City" they called it: an industrial and residential development along the river that its promoters claimed would soon rival Saskatoon itself. Today, it's the Silverwood Heights neighbourhood and you'd be hard pressed to find any evidence it ever existed. But once upon a time, this was the site of the greatest, most audacious dream ever

perpetrated upon the good folks of Saskatoon. For this was Factoria.

Fortunes Bought and Sold

The year was 1912, and Saskatoon was riding a wave of euphoria never seen before or since. Money and people had been pouring in, transforming the city from "a few rude huts" as one writer sneeringly described

it, to the very model of a modern, major metropolis. This is the era of Saskatoon's great real estate boom, when speculators big and small were making fortunes buying and selling land in and around the city, and when every rumoured development drew swarms of investors, eager to capitalize on the opportunity. "Buy now!" the newspapers screamed, and buy they did,

with land values climbing daily to new and dizzying heights.

But the key to the future was industry. They were talking about 50,000 people here by 1915 and double that by 1920. For that we needed was factories, and lots of them.

The Glass Ceiling

In November of 1912, a stranger came to town. His name was Robert E. Glass.

He was from Chicago, he said, the front man for a big, eastern syndicate, and he'd been scouring the west for a place to build a brewery, the biggest, finest brewery you could imagine: six-storeys high, costing half a million dollars and capable of pumping out 100,000 barrels of beer annually. But for great beer you need great water and the very best water in the west, he told us, was right here at a place called Silver Springs.

Silver Springs was the farm of a horse trader named Billy Silverwood and it was named for the springs of pure water that seeped out of the riverbank there. In those days, Saskatoon suffered regular outbreaks of typhoid fever from contaminated water.

"People were dying like flies from bad water," Silverwood said in an interview in 1948, explaining how he'd ➤

Factoria featured on a plan of "Greater Saskatoon" drawn by City Commissioner Chris Yorath in 1913.



Photo Credit: City of Saskatoon Archives - Acc. 2016-001

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Northern Brick Tile and Supply Co. plant with sand pit, 1913.



Photo Credit: Local History Room - Saskatoon Public Library - PH 87-112

Factoria flour mill, by then owned by Robin Hood Flour, 1929.



Photo Credit: Local History Room - Saskatoon Public Library - PH 2012-68

Saska Manufacturing Co. buildings, 1913.



Photo Credit: Local History Room - Saskatoon Public Library - PH 87-111

conceived the idea of bottling the water from the springs on his farm and selling it to hotels, restaurants and offices. At its height, he was shipping 120,000 gallons of spring water a year out of the bottling works on the riverbank just below Adilman Drive. But in 1912, the city installed a water filtration plant and the incidence of typhoid fever plummeted, as did the market for bottled water.

This made Glass' arrival timely. He had originally wanted to buy only the springs and the bottling works. But Silverwood owned much of what constitutes modern-day Silverwood Heights, and he insisted that it be part of the deal. As luck would have it, Glass announced, it turned out to be blessed with inexhaustible deposits of high-quality clay, limestone and sand, ideal for making brick, tile and glass.

And so, Factoria was born.

Touting the Deal

It's a simple idea. Take some land and subdivide it, making sure to include plenty of residential lots. Talk to the railway about building a spur line to link the industrial sites and get a few businesses to make noises about locating out there. If they actually do, great. Then, just as soon as you can, start running giant ads in the newspaper extolling the virtues of your new development. Run little ones, too, the ones that masquerade as legitimate news copy, all talking about the industries that will locate out there and the progress being made, and especially (pay attention; this is the important part) all the workers and their families who would soon be moving out there.

Plan of Factoria showing factory sites, 1913.

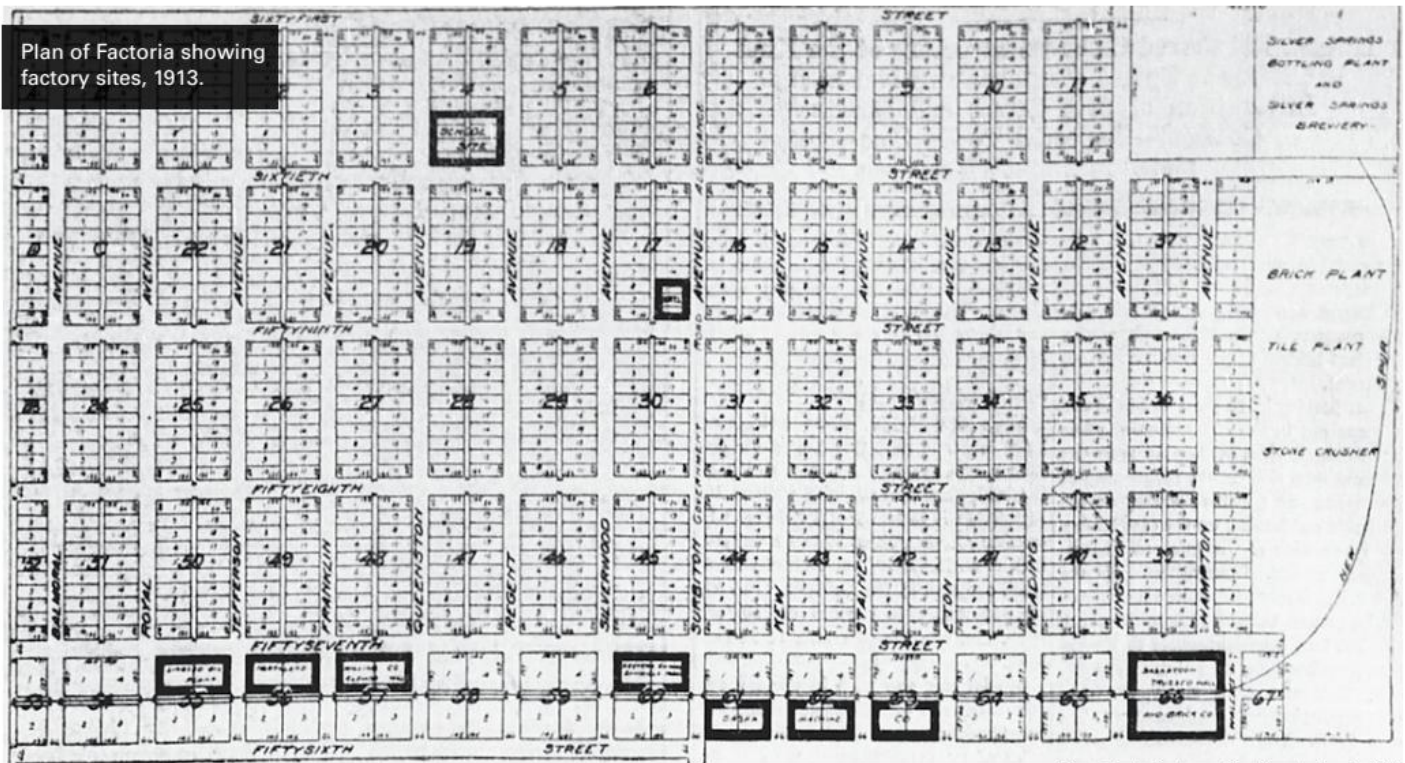


Photo Credit: Saskatoon Star Phoenix Dec. 4, 1913.

There were around 1,750 residential lots in Factoria, priced initially at \$500 each, worth a total of \$875,000, or about \$19 million in today's money. Even with a fifty-foot frontage, \$500 was a lot of money in 1913 to pay for a patch of bald prairie nearly two miles out of town. But the speculators lined up, and lots in Factoria sold like bug spray at a nudist camp. In one week alone in December 1912, they sold 200 of them. By the end of January, lots there were being advertised for more than three times their original price.

Show Us the Proof

Not everyone was a fan. The *Saskatoon Daily Star* printed strident editorials demanding Glass provide proof his promises weren't just empty words. The Board of Trade Commissioner agreed. "No one really knows who he is or what his record is," he wrote, "and his answers are illuminating

only to himself." But while Glass may have been close-mouthed, his actions seemed to speak for themselves. In December, when the rumblings against him were loudest, he quickly produced an architect's sketch of the proposed Silver Springs Brewery, a handsome building of brick and steel, ninety feet tall with the most modern of machinery imported all the way from Germany. He also hired a local architect to design a three-storey hotel and ten small houses, construction of which began early in January, the same time the Silver Springs Brewing Company was incorporated.

This silenced the critics, and by spring, things were starting to happen. An agreement was reached for construction of the all-important railway spur, and work had begun in earnest on a flour mill, two brick plants and a lumberyard. A meeting ➤

Harvesting wheat in 1950 on the Silverwood Farm, where the Wastewater Treatment Plant is today.



Photo Credit: City of Saskatoon Archives - Star Phoenix Collection - S-SP-B-309-001

of the newly established Factoria Board of Trade at the newly completed hotel attracted a hundred people and there were plans to incorporate Factoria as a village.

A Slight Change of Plans

Then, on June 2, 1913, the newspaper reported that control of the proposed brewery was now in local hands and that the option to purchase, which Glass had taken on Billy Silverwood's land back in November, had lapsed. Silverwood announced that he was resuming ownership of it and that Glass was "out of it."

The dream of Factoria began to fade soon after. By 1913, Saskatoon's boom was sliding inexorably into bust, taking Factoria with it. The beginning of the First World War in August of 1914 simply put the last nails in a coffin that was already tightly shut.

In the years since, nearly every trace of Factoria has disappeared. The flour mill didn't actually open until 1918, running intermittently until 1930, then again in 1939 before being torn down a year later. Saska (later Jackson) Machines, a farm implement factory, liquidated in 1923 and the buildings were destroyed by fire in 1933. Both it and the flour mill were on the railway spur running through what is now W.J.L. Harvey Park. Saskatoon Trussed Wall, in the middle of Whiteswan Drive behind Ball Crescent, and Northern Brick and Tile, located near the river on the grounds of today's Wastewater Treatment Plant, were both closed by 1916. It's not clear if the hotel and restaurant ever opened, but if they did, it was briefly, and the hotel, which stood where the east

leg of Benesh Crescent turns north toward Adilman Drive, was demolished in 1921. You could still find some of the old factory foundations as late as the 1970s, when work began on Silverwood Heights and they were finally obliterated.

Few Remnants Remain

Billy Silverwood's farmhouse, at the foot of Adilman, stood well into the 1960s. But his huge, concrete-floored barn was destroyed when a lightning strike started a fire in 1951, and by 1969, the house and buildings were gone. All that's left now are the barn floor, almost completely overgrown, and his concrete back steps, weathered and overgrown, standing like an ancient sentinel where the house once was.

Even as recently as twenty years ago, you could easily find the remains of the bottling plant and other bits and pieces among the trees and poking up out of the long

The Factoria Hotel, 1913.

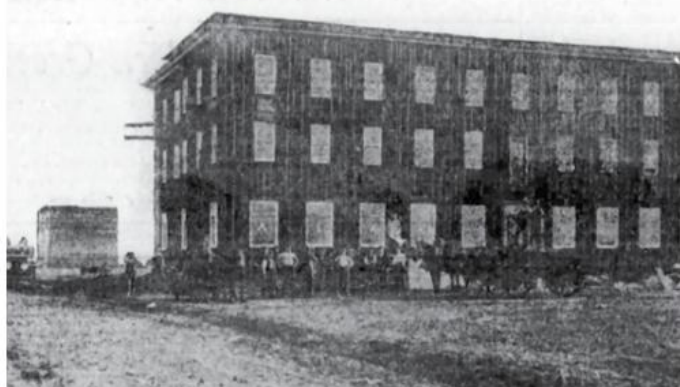
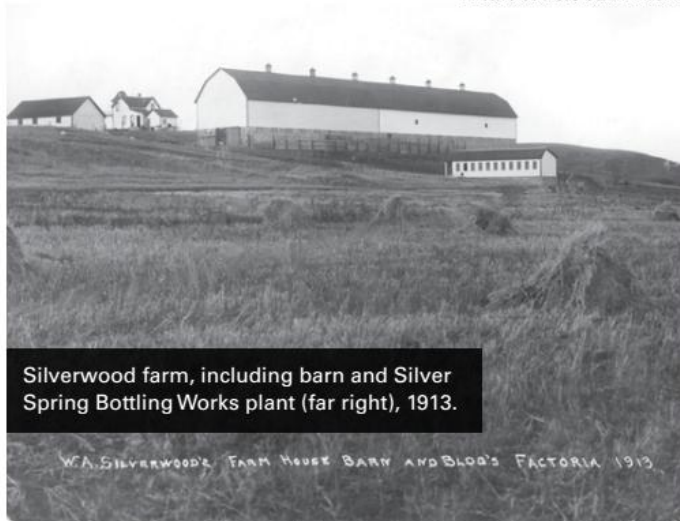


Photo Credit: Saskatoon Phoenix



Silverwood farm, including barn and Silver Spring Bottling Works plant (far right), 1913.

W.A. SILVERWOOD'S FARM HOUSE BARN AND BLOOM'S FACTORIA 1913

Photo Credit: Local History Room - Saskatoon Public Library - PH 2018-194-1

Ruined foundation of the Silverwood farmhouse in 1977.



Photo Credit: City of Saskatoon Archives - Star Phoenix Collection - S-SPA-7670-007

All that remains today is Silverwood's back steps at the end of Adilman Drive.



Photo Credit: Jeff O'Brien

grass below the house. But the area became increasingly overgrown. On a recent walk, we found wonderful trails winding through the thick forest and tiny streams trickling down from the springs that still seep out of the riverbank. But of the rest, we could find no trace.

Indeed, Factoria today would be unrecognizable to any of those who dreamed and schemed and counted the money they hoped to make from it all those years ago. But perhaps they would have approved anyway. After all, thousands of people call Factoria—Silverwood Heights—home, and wasn't that the point? It took longer than expected, and it didn't turn out quite as planned. But the important thing is that they dreamed, and in the end, the dreams came true. (i)

Jeff O'Brien

ON THE TRAIL OF ROBERT E. GLASS

The story of Factoria has been told many times over the years. But the fate of Robert E. Glass, the so-called "Chicago promoter" who masterminded it, has always been a mystery. He departs suddenly and without warning in June of 1913, as much a stranger to Saskatoon as he had been when he arrived the previous November. Was he really who he said he was? Where did he come from? Where did he go?

A small but very self-satisfied article in the *Daily Star* in January 1914 gave us our first clue, taking us eventually from Missouri to Illinois, from South Dakota to the Pacific Northwest and eventually to South America. Along the way we learned a lot about Robert E. Glass, promoter, land speculator and financial opportunist. Whether he was mining gold in South Dakota or Idaho, building theatres in Reno or selling stock in Nicaraguan banana plantations, chicanery, bluster and a relaxed attitude toward accuracy in land descriptions were his hallmarks, and

he left behind him a string of investors and employees who were poorer afterward than they had been previously.

Glass was indicted at least twice for his role in shady land deals, including a development just outside of Spokane, Washington, called Jovita Heights. It was his court date and subsequent conviction for this that called him away so suddenly in June of 1913. (There was also an earlier Factoria—this one outside of Seattle in 1910. We couldn't find evidence that Glass was specifically involved, but he was there at the time and it was a veritable twin of our Factoria.)

In 1915, after exhausting his last appeal, he was sentenced to sixty days jail and a hefty fine over the Jovita Heights affair. After that, he spent several years travelling back and forth between his home in Tulsa, Oklahoma, and his interests in Nicaragua, before disappearing for good sometime after 1922.



SAFELY AWAY FROM YOUR CABIN DEPART WITH PEACE OF MIND

 JULIE BARNES

For anyone fortunate enough to have a cabin at the lake, the ultimate goal is to enjoy the outdoors, relax and unwind. It's a calming respite where you can—hopefully—unplug and ditch the doomscrolling for at least a few hours.

Second properties come with extra responsibilities, but Sean Sullivan, co-founder of SuRe InnoVations, says,

“Your cabin shouldn’t become bothersome to you, or a worry in the back of your mind.”

Sean’s company installs home automation systems in primary residences and second homes. Since the latter aren’t lived in quite as much, they have different needs, he says. “It’s really just monitoring your water, your heat and the security

of the building remotely. Those are the big things. Everything past that are just nice features to have, like smart door locks and cameras.”

Today’s technology brings all the elements together in one app. “You don’t have to keep checking in,” says Sean. “These systems are very smart, they will tell you when unexpected activity happens.”

Curbing Water Waste

Wireless leak sensors can be placed behind toilets, fridges, washing machines and other areas where leaks can happen. If the sensors detect water, the system automatically shuts off the main water valve and notifies the homeowner.

“Another monitoring point is excessive water usage,” says Sean. “There

could be a tap running or a leak in the line." The system alerts the homeowner about irregular usage levels and allows them to turn off the water remotely.

Septic tank level sensors can also alert an absent cabin owner that something is awry. If the levels are rising while no one is home, it can tip off the owner to a running toilet or another issue, and the water can be turned off before the tank overfills.

If your cabin uses a cistern system, there's extra peace of mind in knowing your water isn't going to waste. "To come out to a drained water supply when you are there for the long weekend—that's the last thing you want to worry about," says Sean.

Temperate Temperatures

When people leave their cabins for extended periods, they typically adjust their thermostats. "They're going to turn the AC down in summer or their heat down in winter," says Sean. "There are remote systems that can set up notifications so if the heat drops below a certain point, they get a notification that there's a problem and you're going to see that your furnace isn't running or something else is happening." These alerts can help prevent frozen water lines and burst pipes.

"On the convenient side, when you're leaving the city, instead of arriving to a cold cabin in the winter and turning up the heat when you get there, now you can remotely turn up the ➤



Advancements in technology has made everything from the security system, to your cameras, to temperature and water usage controllable via one app on your phone.

Photo Credit: Control4

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heat before you head up. You can arrive to a warmer cabin without having to shiver for a few hours."

Safety and Security

Sensors on doors, windows, sheds and garages can alert a homeowner to suspicious activity, and motion sensors can also alert homeowners about irregular activity, whether their alarm system is armed or disarmed. The system "learns" your family's patterns, so if you only use your cabin on weekends, and it senses motion indoors on a Wednesday, it will send you a notification.

If your cabin has an internet connection, cameras can add another layer of security. Sean says people don't usually review the footage their cameras

capture unless there's a good reason to do so. Now, with integrated analytics, owners can customize what kind of alerts they want.

"Analytics can be set up to say, 'If a car comes into my driveway—not an animal or a person—send me a clip of it,'" he says. "It might come at 2 a.m. You don't have to worry about checking your camera feed at all. But if it notices a car in your driveway, it's going to send a video clip to your phone with a notification saying 'A vehicle pulled into your driveway.'"

For lakeside cabins, owners can also set up alerts to activity on their docks. The alerts can be set to send notifications "only when the system is armed," says Sean. "So while you are there, you are not getting a lot of annoying notifications.

If there is a leak or a tap running while you're away from the cabin, water valve sensors can alert you to excessive water usage and allow you to turn off the water remotely.



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"There is more that can be detected by these systems than by someone doing a five-minute walk-through," says Sean.

Photos Credit: Control4

It's only while away from your cabin."

With smart door locks, cabin owners can stop hiding the spare key under a rock, says Sean. The locks are monitored and activated by the alarm system and codes can be assigned to different visitors. "You're supposed to have someone checking your cabin for insurance reasons and it gives you a record to see that, yes, someone went into the cabin to check on it."

That said, even regular walk-throughs can't provide complete protection. Sean says if a cabin is checked weekly, and a water line breaks shortly after the last visit, a lot of damage can happen before the problem is discovered.

In Sean's experience, most

cabin owners don't worry about these issues until after they've experienced them. But once they happen—a serious flood, for example—a whole summer at the lake is lost. For those with larger properties, often two summers are lost because working with insurance companies and remote tradespeople takes extra time.

"A summer off from the lake and not having your cabin to go to—you can't really put a price on that," says Sean.

Especially during a year when we've traded vacations for staycations. (i)

Julie Barnes

VIEWFINDER

A LOCAL PROJECT TO
ADMIRE EACH ISSUE



LILLIAN LANE

Door stoops have so much potential to unlock with each passing season. Abbey Hamilton from Abbey Lee Grace Designs styled her personal entryway using thrifty finds and crafty whimsy. She shared a few tips with HOME. Tip 1: Try to repurpose what you have rather than buying new. A bit of paint can make a huge difference. Tip 2: Lacking items to repurpose? Shop your local thrift stores, or buy-and-sell groups. Tip 3: Don't get discouraged! Sometimes it takes a few tries to get it right. Move things around. Add or subtract until it sparks a bit of joy in you.

Want more inspiration? IG: @abbyleegracedesigns



Have a project you think we should feature in our VIEWFINDER section? Email info@saskatoon-home.ca with one photo and a description of the project.



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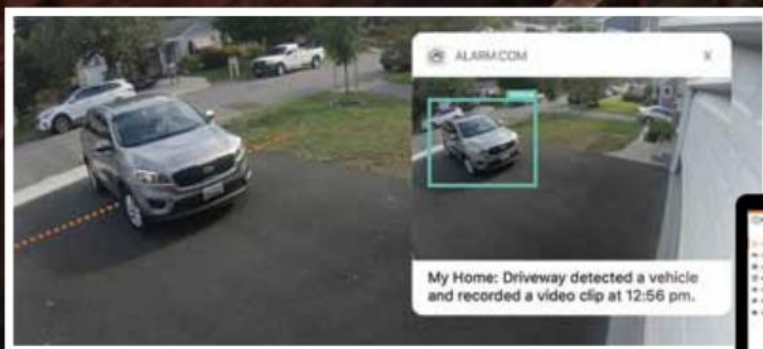
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